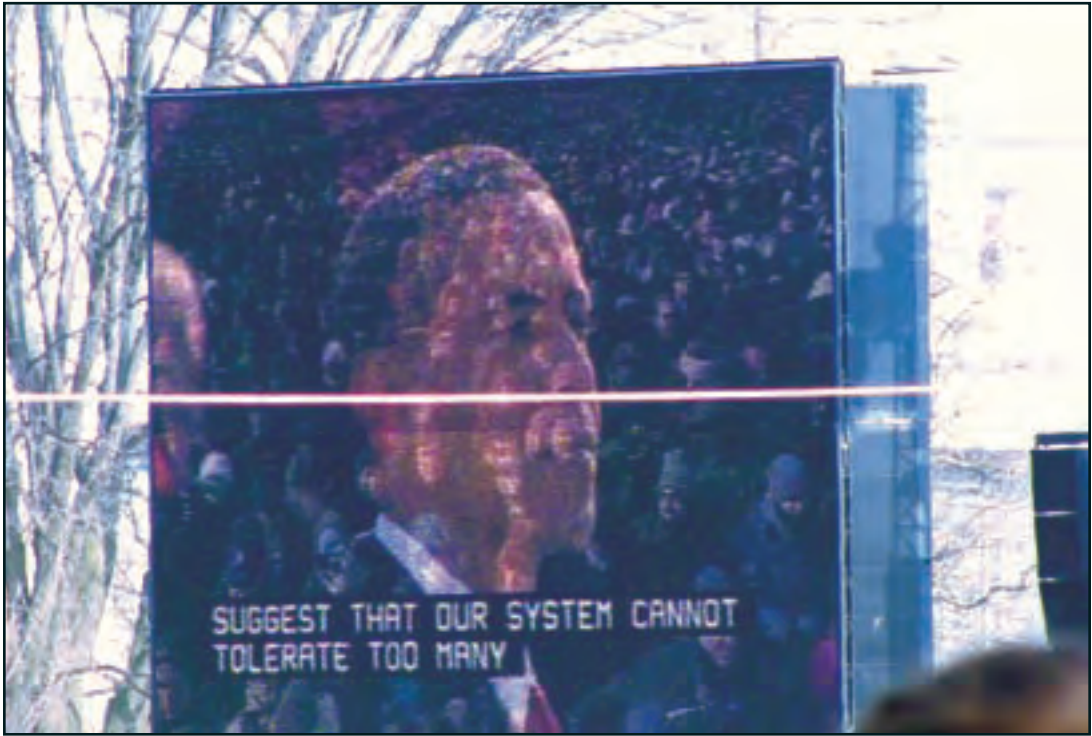




Photos by Dana Attocknie

President Barack Obama appears on a jumbo-tron at the National Mall after he took his Oath of Office on Jan. 20, 2009.



Above:
Director Chris Eyre (Cheyenne/Arapaho) and Michael Sulphur (Cheyenne/Creek) visit during the American Indian Inauguration Ball on Jan. 20, 2009 in Washington, D.C.



The inauguration crowd packs the National Mall in Washington D.C. on Jan. 20, 2009 for President Barack Obama's inauguration speech and the parade that followed.

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Obama declares in speech, ‘I don’t quit’

WASHINGTON (AP) - President Barack Obama says he gets it, he knows America is not happy.

“I campaigned on the promise of change, ‘change we can believe in,’ the slogan went,” he said Jan. 27, 2010 in his first State of the Union address. “And right now, I know there are many Americans who aren’t sure if they still believe we can change, or at least that I can deliver it.”

He knows, Obama bluntly acknowledged, that Americans are frustrated and disappointed, that “change has not come fast enough.”

Fighting to recharge his embattled presidency, Obama offered a vow to get jobless millions back to work and stand on the side of Americans angry at Wall Street greed and Washington bickering. Defiant despite stinging setbacks, he said he would fight on for ambitious overhauls of health care, energy and education.

“I don’t quit. Let’s seize this moment,” he told a politician-packed House chamber and a TV audience of millions. “As hard as it may be, as uncomfortable and contentious as the debates may be, it’s time to get serious about fixing the problems that are hampering our growth.”

Obama looked to change the conversation from how his presidency is stalling - over the messy health care debate, a limping economy and the missteps that led to Christmas Day’s barely averted terrorist disaster - to how he is seizing the reins. He spoke to a nation gloomy over double-digit unemployment and federal deficits soaring to a record \$1.4 trillion, and to fellow Democrats dispirited about the fallen standing of a president they hoped would carry them through this fall’s midterm elections.

With State of the Union messages traditionally delivered at the end of January, Obama had one of the presidency’s biggest platforms just a week after Republicans scored an upset takeover of a Senate seat in Massachusetts, prompting hand-wringing over his leadership. With the turnover erasing Democrats’ Senate supermajority needed to pass most legislation, it also put a cloud over health care and the rest of Obama’s agenda.

Obama implored lawmakers to press forward with his prized health care overhaul, in severe danger in Congress. “Do not walk away from reform,” he said. “Not now. Not when we are so close.”

Republicans applauded the president when he entered the chamber and craned to welcome Michelle Obama. But bipartisanship disappeared early, with Republicans sitting stone-faced through several rounds of emphatic Democratic cheering and Obama taking a sharp jab at GOP congressional strategy. “Just saying no to everything may be good short-term politics, but it’s not leadership.”

The president devoted about two-thirds of his speech to the economic worries foremost on Americans’ minds as recession persists. “The devastation remains,” he said.

Obama emphasized his ideas, some new but mostly old and explained anew, for restoring job growth, taming budget deficits and changing a Washington so polarized that “every day is Election Day.”

Declaring that “I know the anxieties” of Americans’ struggling to pay the bills while big banks get bailouts and bonuses, Obama prodded Congress to enact a second stimulus package “without delay,” urging that it contain help for small businesses and funding for infrastructure projects. Also, fine-tuning a plan first announced in October, Obama said he will initiate a \$30 billion program to provide money to community banks at low rates, if they boost lending to small businesses. The money would come from balances left in the \$700 billion Wall Street rescue fund.

Acknowledging frustration at the government’s habit of spending more than it has, he said he would veto any bills that do not adhere to his demand for a three-year freeze on some domestic spending. He announced a new, though nonbinding bipartisan deficit-reduction task force (while supporting the debt-financed jobs bill). He said he would cut \$20 billion in inefficient programs in next year’s budget and pore over it “line by line” to find more.

He urged Congress to require lobbyists to disclose contacts with lawmakers or members of his administration and to blunt the impact of the Supreme Court decision - allowing corporations greater flexibility in supporting or opposing candidates. “We face a deficit of trust,” he said.

Obama took blame for not adequately explaining his plans to the public and connecting with their everyday worries. At the same time, he offered an unapologetic defense of pursuing the same agenda on which he won.

He said that includes the health care overhaul, as well as an aggressive approach to global warming (though without a plug for the controversial cap-and-trade system for emissions that he favors), sweeping changes to address the nation’s millions of illegal immigrants, “serious” reform of how Wall Street is regulated and children are educated.

Obama called on lawmakers to resist the temptation to substitute a smaller-bore health care solution for his far-reaching ideas, but he didn’t say how. He simply said, “As temperatures cool, I want everyone to take another look at the plan we’ve proposed.”

Hoping to salve growing disappointment in a key constituency, Obama said he would work with Congress “this year” to repeal the ban on gays and lesbians serving openly in the military, without a commitment to suspend the practice in the interim.

Obama made no mention of three of the toughest challenges he faced in his first year: failing to close the terrorist prison compound at Guantanamo Bay, Cuba, failing to get Israel and the Palestinians to resume peace negotiations, and struggling with the al-Qaida havens in Pakistan that are at the core of the terrorist threat to America.

He proclaimed some success, saying that “far more” al-Qaida terrorists were killed under his watch last year in the U.S.-led global fight than in 2008.

“Just saying no to everything may be good short-term politics, but it’s not leadership.”

President Barack Obama



Spectators try to get the best view of jumbo-tron screens sprinkled throughout the National Mall.

Education staff participates in Leadership Academy through Oklahoma State Department of Corrections

By Wanda Whiteman

I was nominated to participate in a leadership academy through the Oklahoma State Department of Corrections (DOC). It was a nine-week program.

“In an effort to enhance the public’s understanding of the role of corrections within the criminal justice system, the Leadership Academy will provide a unique opportunity for community, business, and other participants to interact with corrections professionals and learn more about the Oklahoma Department of Corrections in its entirety,” Justin Jones of the Oklahoma DOC stated.

The Cheyenne and Arapaho higher education (Gam-HIE) program provides funds for incarcerated tribal members who are eligible to enroll in a higher education degree program through a state-funded college. We provide tuition and textbook assistance for one or two classes per semester. Once the student has proven that he or she can complete two classes and wishes to attend full-time, we can assist with full time costs.

This was the second year DOC held the leadership academy. Invited members were education administrators, faith-based organizations, department of corrections employees and volunteers, and other persons with interest in incarcerates.

I learned so much information through participation in the academy. We toured one prison health clinic and were told by the head doctor that the No. 1 health issue is mental health patients. They don’t need to be in prison but because another state agency is not doing their job, the mental patients become incarcerated. Another major health issue is hepatitis and the doctor said they have AIDS inmates also, but if he had his choice between the two, he would choose AIDS. He said there is no cure for hepatitis and the disease eventually attacks the liver and there is no medication available at this time to save them.

We were told many females get incarcerated while they are pregnant and DOC does not provide for any care for the newborn and the mothers must make their own arrangements for family or friends to care for the baby.

We were told that DOC has a Department of Corrections Industries (DCI) and eligible inmates are allowed to work while they are completing their term. DOC has many programs that help inmates and the public; such as they build classrooms and houses.

The cost of a house or classroom is approximately \$55 per square foot. Inmates get paid according to the level they are on. They also have a furniture building industry. They make office desks, file cabinets, chairs, and other items. The houses and classrooms are delivered fully carpeted, complete with heat and air unit, and they guarantee their work.

DOC also has an Agri-Services Division.

“The Department of Corrections plays a vital role in enabling inmates to learn valuable job skills and work ethics that they can benefit from upon release. On average, 455 inmates work at the Agri-Services ten farms and Meat Processing Center,” Dick Davis, administrator of Agri-Services, stated.

We toured Lexington and Jackie Brannon. We toured James Crabtree Correctional Center in Helena, Okla. I noticed a group of men participating in a sweat lodge ceremony while walking through JCCC. We toured the Oklahoma State Penitentiary and Jackie Brannon Correctional Center at McAlester, Okla. They have a meat processing plant there. They process beef, pork and lunchmeat items for the inmate master menu, which they send to state DOC prisons and facilities. A truck circulates around the correctional facilities throughout the state each week. Processed meats are delivered to other facilities. Wieners are received at another site where they make corn dogs then send them back out to other facilities.

Some of the Agri-Services include: cattle operations; hay farming; clearing wooded areas for pasture; cutting firewood for sale to the public; making flags, making tags, a leather shop; a paper recycling operation; and a food processing center. DOC is self-supporting and they grow vegetables and have dairy farms.

Frozen and canned foods are purchased in quantity and at low cost then distributed to all DOC facilities.

“These special purchases have saved the Department

of Corrections a substantial amount of money ...” said Davis.

We were served a delicious meal of chicken Alfredo and were told later Agri-Services had bought a quantity of Subway chicken breasts and that was what we ate.

DOC operates the only meat cutting apprenticeship school in the nation, in DOC facilities. Upon completion of the three-year course, students can be certified through the US Department of Labor, Bureau of Apprenticeship as a recognized meat cutter.

We toured the original Oklahoma State Penitentiary at McAlester and the old death row, which is now closed. We were told DOC receives many requests from filmmakers to use the old penitentiary for movie settings.

There is a prison museum across the street from the prison. We saw the old electric chair. We then toured the room they now use for lethal injections. A phone on the wall is a direct connection to the governor of Oklahoma and death row inmates can make one last call to the governor to ask for a Stay of Execution.

There are not rehabilitation services offered for the inmates at the state penitentiary. The cost of meals is \$1.70 per inmate, per day.

We were told about over-crowding and how a cell intended for one inmate, sometimes had to be used to house three inmates. There is currently one woman on death row but she is not at McAlester.

We graduated on Nov. 5, 2009 at the Oklahoma DOC administration buildings. I made many new acquaintances and gained an insight into prison life that is so dismal and depressing.

One of our speakers made mention that it all starts in the home and until families become good parents and begin teaching children right from wrong, the number of offenders will continue to grow. We were informed DOC recently received a letter that their budget would be cut. They worry how they will meet costs because of the rising number of offenders.

The major offenses are drug related offenses, either using or selling, or committing crimes to buy the drugs. More information can be viewed at Oklahoma DOC Web site: www.doc.state.ok.us/.

Oklahoma Council For Indian Education elects new members

Submitted information

The Oklahoma Council for Indian Education (OCIE) elected new members to the Board of Directors at their December conference. The new members include:

NE region: Missy Buck-Gillman from Bartlesville in place of Robert Hyatt. June Hamilton from Pawnee remains in place

NW region: James Bates from the Cheyenne and Arapaho Tribes in place of Chris Roman Nose from Oklahoma City University who filled in a vacancy until the election. Dr. Star Yellowfish from Oklahoma City Public Schools remains in place.

SE region: Lori Hamilton from Chickasaw Nation filled a vacancy. Lucyann Harjo from Norman Public Schools remains in place.

SW region: Susan Whitehorse-Johnson from Walters Public Schools ran

unopposed. Sheril Thompson from Mid-Del Public Schools remains in place.

At-Large Reps: Nancy Southerland from Moore Public Schools filled the vacancy left by Lori Hamilton. John Ann Thompson from Grove Public Schools remains in place.

Student Reps: Andrea Feeling from Locust Grove High School in place of Toni Tsatoke. Alyssa Fields from Collinsville and Tulsa Community College remains in place.

The Executive Board remains as follows:

President: Valeria Littlecreek

President-Elect: Mark Wilson from OU Health Science Center

Treasurer: Lila Hornbuckle from Poteau Public Schools

Secretary: Janice Fields from Collinsville Public Schools

Parliamentarian: Chance Rush from Oklahoma City and the private sector

Past President: Kimberly Smith from Ardmore Public Schools

In other news, Oklahoma got both delegates who campaigned for the National NIEA Board elected in Milwaukee. A thank you goes out to people who voted during the national election or encouraged others to vote for Dr. Star Yellowfish of the Oklahoma City Indian Education and Quinton Roman Nose of the Cheyenne and Arapaho tribes. They both serve on Oklahoma’s Local Planning Committee for the NIEA 2012 convention to be held in Oklahoma City.

OCIE also boasts not one, but two Parents of the Year that were honored at the NIEA banquet in Milwaukee. Brent and Kennetha Greenwood of the Edmond School District. Dr. Cornell Pewewardy, a Comanche from Oklahoma, also was honored as the Educator of the Year.

During the annual December conference, OCIE recognized its new state

award winners. They are listed as follows:

Elder of the Year Ms. Grace Smith from Edmond Public Schools

Educator of the Year Ms. Linda Skinner from Edmond Public Schools

Parent of the Year Mrs. Lucyann Harjo, director of Indian education at Norman Public Schools

Student of the Year Miss Ashley Miller, Jr. Miss Cherokee Nation

Teacher of the Year No nominations were made for this category

Also during the annual membership meeting at the conference, the amendments to the OCIE Constitution were supposed to be voted on, but there were not enough members present to vote as required by the constitution. Therefore, this vote will be made by an electronic ballot sent to all current OCIE members. This ballot will be sent soon once the updated list is received.

Public Notice

“I would like to retract the statement made by the previous Elder Care Director regarding the food vouchers. All **Elder Care food vouchers will remain at \$100 a month.**

If you have any questions please contact me at (800) 247-4612 ext. 27571.

Carol Whiteskunk, Elder Care program director”

The above retraction was sent via the tribes’ global e-mail on Jan. 5 2010, after the Tribune published a submitted article, which stated a different voucher amount, in the Jan. 1, 2010 issue.

Public Notice

The Third Legislature will have their Regular Session at 9 a.m. Feb. 13, 2010 in the tribal complex large conference room in Concho, Okla. A list of bills and/or legislative orders were not available as of press time.

Public Notice

The Cheyenne and Arapaho tribes Gov. Janice Boswell announced via a Jan. 21, 2010 memo that she will host a series of tribal community meetings.

A schedule of the community meetings were not available as of press time.

Public Notice

Notice to all Disabled Individuals

To all person with disabilities living in the following counties: Beckham, Blaine, Canadian, Custer, Dewey, Kingfisher, Major, Roger Mills, Washita, Woodward and Ellis county. The Cheyenne and Arapaho tribes Vocational Rehabilitation program will open for review the policies of the program and will hold a case review on the same day.

This policy review is from 10 a.m. to noon Feb. 24, 2010, and the case review is from 1 p.m. to 3:30 p.m. at the Cheyenne – Arapaho Technology and Innovation (CATI) 1621 B East Hwy #66 El Reno, Okla. Located on the west-side of the Canadian Square Shopping Center. For more information call (888) 284-7725 or (405) 422-7617.

Clinton Service Unit celebrates Patient Recognition Week

Submitted article

The Clinton Service Unit wants to thank all of our valued customers (you our patients) by participating in National Patient Recognition Week.

During the week of Feb. 1-5, 2010 all three facilities (El Reno, Watonga and Clinton) will have various activities to show you how much we appreciate you.

The Clinton Service Unit is committed to improving patient care and striving to be your provider of choice.

There will be many changes coming and we will rely on you, our customers, to help us make those changes so that improvement can happen.

We are listening to your suggestions and concerns, and we are grateful to have such a wonderful population of people to serve.

Cheyenne and Arapaho tribes

(405) 262-0345 / (800) 247-4612

R.E.Sp.E.C.T. Program



Cheyenne Language After School Program

Beginning Date: February 9, 2010
Time: 4:00 p.m.-5:30 p.m.
Location: Clinton R.E.Sp.E.C.T. Building
Classes will be held every Tuesday!

Welcoming students from 1st-12th grades!

Transportation Schedule

Thomas-HS Parking Lot 3:15 p.m.
Weatherford-Old Walmart Parking Lot 3:30 p.m.
Clinton-Bus No.4 to R.E.Sp.E.C.T. Building

Agenda

4:00 to 4:30 Homework-Staff
4:30 to 5:00 Language-Creg Hart
5:00 to 5:30 Games & Snacks-Staff
5:30 to 6:00 Return Students-Staff

R.E.Sp.E.C.T. PROGRAM



ADULT CHEYENNE LANGUAGE CLASS

Beginning Date: February 11, 2010
Time: 10:30 a.m.-11:30 a.m.
Location: Clinton R.E.Sp.E.C.T. Bldg.
Classes will be held every Thursday!

For more information please contact the Clinton R.E.Sp.E.C.T. Program and/or Creg Hart at 580-331-2601 or 580-331-2602.

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TRIBAL IDBITS



Students wait their turn to tour the ambulance.



Courtesy photos

The Cheyenne and Arapaho tribes’ head start students took a field trip to the Cheyenne and Arapaho EMS on Thursday, Jan. 14, 2010 in Clinton, Okla. The children enjoyed going to EMS as they were able to board the ambulance and look around.



Photos by Rosemary Stephens

Larry Franklin, David Sage, Reggie Island and Jay Howell work to give building one in Concho, Okla. a face lift on Monday, Jan. 25, 2010.



The new fish aquarium at the child care center in Concho, Okla.

The students in the preschool class at the child care center pick up different color rocks for their new aquarium.



Courtesy photos

The Cheyenne and Arapaho tribes’ Child Care Development program’s preschool class recently purchased a glowing fish aquarium. It has a blue glow lamp so the glow fish are highlighted. An electric green glow fish and a star fire red glow fish were purchased at PetsMart in Yukon, Okla. to live in the aquarium. The children have enjoyed the new addition to the classroom and each day there will be a pet helper who will help feed and care for the new friends. A poll was given to the preschoolers and they named their new fish, star and spidey.

Bryan Sykes receives highest national award for multicultural rehabilitation

By Bryan Sykes

On Aug. 17, 2009 Bryan Sykes was notified that Dr. L. Robert McConnell of Michigan State and Central Michigan Universities and Dr. Carl Flowers of Southern Illinois University, proposed a nomination for Sykes to receive the Sylvia Walker National Multicultural Award. The awards committee of the National Rehabilitation Association (NRA) selected Sykes as the 2009 recipient. The award was presented at the NRA annual conference on Sept. 12, 2009 in Louisville, Ky. Sykes is the director of the Cheyenne and Arapaho American Indian Vocational Rehabilitation located in El Reno, Okla. Sykes has been employed with the Cheyenne and Arapaho tribes for over 20 years. Prior to working for the Cheyenne and Arapaho tribes, Sykes spent eight and one half years in the U.S. Army attaining the rank of Sergeant E-5 1975 – 1983 then worked in the Veterans Administration from 1984 to 1987. In 1987 and 1988, Sykes addressed the problems with the tribal CETA program and closed the program out to obtain money back to the tribes from the Department of Labor. He then set up the computers and filing system for the tribal finance in 1988. In 1989, he installed the first computers in the tribal administration building for programs and employee use.

From 1989 to 1999, he worked as a social worker representative in the tribal Social Services program where in 1995 he co-wrote the tribal 401(k) and continues to serve as one of the board of trustees. He also co-wrote the first vocational rehab grant in 1996 and was funded for five years. He is the sole writer of the next two five year grants and currently working in the third year of the third five-year grant.

He has served on many boards and committees tribal, county, state and national. He provided testimony for the Individual Indian Money Accounts Regulations in 2000. He was instrumental in developing the Oklahoma Tribal Vocational Rehabilitation (OKTVR) Council that combines eight tribal vocational rehabilitation programs as one within the state of Oklahoma by writing the first by-laws in 2002. In 2003, he created and implemented the Cheyenne – Arapaho Technology & Innovation (CATI) Training Center in El Reno, Okla.

He served on the Canadian County United Way Board of Directors from 2003 to 2006. He has served as the co-chairman for OKTVR between 2006 and 2007. He has

provided service in such venues as: the membership committee for the NRA between 2005 and 2006, Strategic Planning Committee for the Cheyenne and Arapaho Tribal College 2005, provided briefs and testimony in Washington D.C. for tribal education departments, Individuals with Disabilities and Education Act (IDEA), Rehabilitation Act Reauthorization, Independent Living in Indian Country and Education Act of 1963, membership chairman and board member for the National Association of Multicultural Rehabilitation Concerns (NAMRC) between 2005 and 2008, also serves currently as the state chapter president, by-laws chairman for the Consortia of Administrators for Native American Rehabilitation (CANAR) 2007 to present, has a membership in the American Indian Chamber of Commerce of Oklahoma, provided presentation “The Path To Employment: An American Indian Vocational Rehabilitation Journey” in Washington D.C. 2007 which was later published in the National Clearing House for Rehabilitation Research, helped to produce the video “Many Nations United Voices” with eight tribal vocational rehabilitation programs and the state Department of Rehabilitation Services in 2006 and 2007, provided testimony to the National Institute on Disability and Rehabilitation Research (NIDRR) in 2008, received his Bachelors of Science degree in organizational leadership 2009 and currently working diligently to obtain stimulus funding from the of Oklahoma Department of Rehabilitation Services to expand and enhance tribal services.

The Sylvia Walker National Multicultural Award was established in 2004 after Walker, a professor and researcher. Walker was also the Research and Training Center (RTC) director.

According to the National Rehabilitation



Photo by Robert McConnell

Bryan Sykes and Dr. Bob McConnell at the National Rehabilitation Association awards ceremony on Sept. 12, 2009 in Louisville, Ky.

Association Web site the the award is intended to honor/recognize a NRA member/group or organization in addressing multicultural issues at the local, regional or national level and (b) maintain and stimulate the Association’s (NRA) focus on diversity and multiculturalism as a part of society.

In addition Sykes is the recipient of the 1999 International Who’s Who of Professionals Honoree, 2004/2005 Contemporary Who’s Who of Professionals Honoree and also plays drums in the rock band “Blind Saint,” and bowls in several high performance leagues throughout Oklahoma. He is married with four children and five grandchildren.

“I believe this is the greatest honor for the field I work in and I thank Ma’heo for the ability, Jesus Christ for the strength, my tribe for allowing me to work this hard, my parents because they believed in me, my family for putting up with the time away and everyone that has become involved with me in my vision to assist people with disabilities. Below is a statement that rings through all eternity.

“Dare to live your dreams and share them with others. Combine your dream with those of others and you’ll create an unstoppable reservoir of energy,” RavenHawk.

The 2010 Culture, Heritage program funding notification

Culture and Heritage program

The Cheyenne and Arapaho tribes Culture and Heritage program is currently reorganizing and the budget is under review. All enrolled tribal members please be informed that until the budget has been thoroughly re-

viewed and approved all applications are subject to denial. We appreciate your understanding and cooperation during this transitional period. For more information please contact the Culture and Heritage program offices at (800) 247-4612 ext. 27714 or 27443.

The 2010 applicant notice

Culture and Heritage Program

The Cheyenne and Arapaho tribes of Oklahoma Culture and Heritage program is dedicated to preserving our tribal traditions, promoting oral history, art, music, traditional languages, and fostering cultural participation for our tribal members. To better serve tribal members in their traditional and cultural endeavors, all applications are required to be submitted **TWO WEEKS** in advance of any event/activity, allowing staff and the finance team time

to process and comply with all tribal purchasing procedures. Applicants are responsible for ensuring that all support documentation is provided and attached. Failure to submit support documentation may delay and/or cause your application to be denied. Your cooperation is greatly appreciated, and we look forward to serving you. For more information or to receive an application, please contact Marina at (405) 422-7704 or call toll free (800) 247-4612 ext 27704.

NAGPRA training offered

The National NAGPRA Program has partnered with the National Preservation Institute (NPI) to offer in-depth training on various issues related to NAGPRA implementation.

Open to Federal agencies, museums, Indian tribes, Alaska native villages and corporations, and Native Hawaiian organizations, and others interested in NAGPRA, these trainings are designed to provide participants with practical knowledge and tools needed to support their NAGPRA efforts.

For a full list of courses and their content, registration and scholarship and travel grant applications, visit the National Preservation Institute’s Web site at www.npi.org. Next Trainings: March 22-25 in Providence, R.I. NAGPRA: Determinin Cultural Affiliation, March 22, 2010

NAGPRA: Summaries, Inventories and Federal Register Notices, March 23, 2010. NAGPRA:Writing and Managing a Successful Grant, March 24-25, 2010. Financial Assistance Scholarships and travel grants: Representatives from federally-recognized Indian tribes, Alaska native villages and corporations and Native Hawaiian organizations are eligible to receive scholarships to cover registration costs for many of the workshops offered. Visit <http://www.nps.gov/history/nagpra/TRAINING/INDEX.htm> or www.npi.org. The National NAGPRA Program is also pleased to announce its newest publication - Journeys to Repatriation: 15 Years of NAGPRA Grants (1994-2008). See <http://www.nps.gov/history/nagpra/NAGPRA-GrantsRetroFinal.pdf>

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American Indian farmers have more land, less cash

(BISMARCK, N.D.) - In his 60 years on the farm, Milton Sovo Jr. has raised everything from peanuts and wheat to cattle and horses in southwestern Oklahoma.

At about 1,100 acres, his spread is about triple the size of the typical U.S. farm.

But Sovo is no tycoon. He farms on the Kiowa-Comanche-Apache reservation, where he said the soil remains poor after the Dust Bowl swept away the best topsoil in the 1930s. He can't rely on the land to make a living and has toiled for decades at a second, off-the-farm job.

Sovo is fairly typical among American Indian farmers, who tend to have more land but less income than those of other races. They're also less likely to receive government aid intended to help struggling farmers, according to new data.

Agriculture officials said the lack of aid is partly because American Indians have shied away from corn, wheat and other subsidized crops. But some American Indian farmers have filed a discrimination lawsuit, claiming they have been denied government loans and other help given to white farmers raising the same animals and crops.

Relatively little was known about American Indian farmers until the most recent agricultural census because the U.S. Department of Agriculture had counted all farms on a reservation as one. The agency changed that rule for the 2007 census, and data released over the past year has provided the first reliable look at how those farmers are doing.

The census found stark differences between the nation's 80,000 American Indian farmers and those of other races. The typical American farm is 400 acres, but American Indian farmers average about 1,400 acres. Many are ranchers. Most live in the desert Southwest, Oklahoma or Montana.

Their farms average about \$40,000 a year in sales, compared to \$135,000 for farms overall. But relatively few get government aid - only 13 percent, compared to 39 percent of white farmers.

Sovo said that although farming has not enriched him, he is perfectly fine with his way of life because he and other American Indian farmers aren't always trying to make the most money possible

off the land.

"We're in a culture that shares the heart and soul of the land with our own being," said Sovo, who has worked for 35 years for a tribal land management and conservation organization to supplement his income. "The land is part of us and we're part of the land. We've always been taught to leave things for our children, use only what we need. We want to make as much money as we can - but we also want to conserve what we have."

For that reason, many American Indian farmers use as few chemicals as possible, he and others said. That limits their choice of crops. Corn, for example, requires a large amount of nitrogen fertilizer.

American Indian farmers also are often limited by the types of soil found on their reservations, said Ross Racine, director of the Billings, Mont.-based Intertribal Agriculture Council, which represents 84 tribes from Florida to Alaska and California to Maine. With corn, wheat and other subsidized crops unlikely to thrive on their farms, many have turned to raising livestock.

Of the 56 million acres owned by American Indians, 46 million is used for grazing, Racine said.

Sovo said one reason that American Indian farms tend to be big is that family members often combine their land to try to create stronger operations.

"It's very uphill, it's very hard," Sovo said. "But when you're in agriculture, and when you love the land, it takes a lot of that hard and hurt away."

Other American Indians said some federal workers' practices in lending money have made their lives and work harder than necessary.

George Keepseagle and his wife, Marilyn, are lead plaintiffs in a class action lawsuit that was filed against the government in November 1999. The lawsuit contends that American Indian farmers and ranchers lost about \$600 million in income from 1981 to 2007 because of discrimination in lending by the Agriculture Department.

"Native Americans are stereotyped, either as drunk or lazy, and not capable of, I guess, competing with white farmers and ranch-



ers," Keepseagle said. "White people farm here, too, but they can get financing and we can't."

The 69-year-old rancher and his 72-year-old wife said they've struggled every year to make a profit and get operating money for their ranch. To get by, they've cashed in life insurance policies and sold nearly 400 of the almost 900 acres they once had on the Standing Rock Sioux Reservation on the North Dakota-South Dakota border.

Agriculture Secretary Tom Vilsack said this fall that he is committed to resolving the class action lawsuit, and settlement talks are in the works.

Federal officials said they've already taken steps to get more money to American Indian farmers who need it. The Farm Service Agency for nearly a decade has paid for a National Tribal Development Association program that works with farmers in 250 tribes in 28 states, helping them apply for loans.

Program administrator Lou Anne Kling said it has helped American Indian farmers get nearly \$37 million in loans in the past decade.

Washington lawyer Joe Sellers, the lead attorney for the farmers in their lawsuit against Agriculture Department, said change must happen throughout the agency, not just at the top. Attorneys have had difficulty determining the extent of possible loan discrimination because civil rights complaints for years were not documented, were destroyed or were not passed on to superiors by Agriculture Department officials in the field, he said.

Keepseagle worries any settlement or policy change would come too late to keep mounting debts from forcing him into foreclosure.

"If that happens, we have basically worked all our life for nothing," he said. "It's devastating."

future

Continued from page 1

are fast approaching.

Whiteman said the higher education program has a packet of available scholarships that students can look through. One example is the Guide to Scholarships for New Americans and Minorities, which can also be viewed at www.dfwahec.org/Scholarships%20for%20New%20Americans%20&%20Minorities.pdf.

Scholarship applications often require an essay. According to www.collegeboard.com, the three Do's to effective application essay's are: Do

keep the focus narrow and personal, do "prove it" by providing facts, quotations and examples, and do be specific. The three don'ts are: "Don't tell them what you think they want to hear," don't write a resume and don't use 50 words when five will do. Also, don't forget to proofread.

Students, parents or guardians who have questions regarding the assistance and resources provided by the Cheyenne and Arapaho tribes higher education program can contact Whiteman at (405) 422-7560 or wwhiteman@c-a-tribes.org.

Eisenhower Transportation Fellowships

The U.S. Department of Transportation requests proposals for the Eisenhower Graduate Fellowship Program, which provides funding for the pursuit of masters or doctorate degrees in transportation related disciplines. Approximately \$900K is expected to be available, and 76 awards

anticipated. Responses are due **March 12, 2010**. For more information, contact Henry Murdaugh at Henry.Murdaugh@dot.gov or go to: <http://www.grants.gov/search/search.do?mode=VIEW&oppld=50901>. Refer to Sol# DTFH64-10-RA-00001. (Grants.gov 12/30/09)

Indian Health Professions Pregraduate Scholarship

Application deadline: March 28, 2010

Grants to encourage American Indians and Alaska Natives to enter the health professions. For more information, visit www.scholarship.ihs.gov.

Indian Health Professions Preparatory Scholarship

Application deadline: March 28, 2010

Grants program to encourage American Indians and Alaska Natives to enter the health professions. For more information, visit www.scholarship.ihs.gov.

Oklahoma Indian Student Honor Society (OISHS) seeks nominations

The Oklahoma Indian Student Honor Society (OISHS) was established in the fall of 1989 to recognize outstanding American Indian student leaders. Membership is open to high school students in grades ninth through 12 and undergraduate and graduate level college students. To date, the Oklahoma Indian Student Honor Society has inducted over 7,850 students.

The purpose of the Oklahoma Indian Student Honor Society is to recognize and honor Oklahoma Indian students who achieve the highest standards in academics, leadership, service to tribe and community, and moral character.

Requirements include: a cumulative GPA 3.9 with supporting documentation and \$7 membership fee payable to Oklahoma Indian Student Honor Society.

Nomination criteria:

ACADEMIC ENROLLMENT: The nominee must be enrolled in a minimum of four (4) regular courses in an accredited secondary school (Grades 9-12) within the State of Oklahoma or be enrolled for a minimum of six (6) hours in an accredited institution of high learning within the State of Oklahoma.

TRIBAL IDENTITY: The nominee must be "Indian" as defined by Title VII, Indian Education or provide other supporting tribal documentation.

SCHOLASTIC ACHIEVEMENT: The nominee must have a cumulative 3.9 GPA average or above. High school freshmen and college freshmen must use the previous semester grades for their nomination.

SERVICE / LEADERSHIP: The nominee

ACT TEST DATE

The next national ACT test date is April 10, 2010. Cheyenne and Arapaho tribal students may request payment from the Gaming-Higher Education Program by sending the following documents to the higher education office by the listed dates:

- A CDIB (not a copy of your tribal I.D. card, you may contact our tribal enrollment office and ask them to send us the one-page CDIB)
- Your completed ACT application in the original ACT envelope with the front and back of envelope completed, signatures.
- A completed gaming application (the form can be copied from our Web site www.c-a-tribes.org/education)

TEST DATE REGISTRATION DATE MAIL PACKET TO GAM-HIE BY:

April 10, 2010
June 12, 2010

March 5, 2010
May 7, 2010

Feb. 5-18, 2010
April 9-22, 2010

There will be a test on Feb. 6, 2010 but that registration deadline was Jan. 5, 2010 and we do not pay late registration fees. Students may contact their high school counselors and ask about a fee waiver and there may still be time for them to take that test.

The registration date is the day the check is to be inserted into the application packet and put in the mail. Allow us approximately two to three weeks before then to request a check and have it ready to mail by the registration date.

Juniors and seniors can take the test three-to-four times before graduation and as many times as they want, until they feel comfortable with their score. An ACT test score is required for university admission. Our office can pay for the test but we must have the actual ACT packet. We do not have resources to pay online tests.

ACT tests are given on Saturdays. Boarding school students are asked to remain at school that Saturday as the school will take them to the test site. Get a good nights rest the night before and eat a good breakfast. Free practice tests are available on the ACT Web site. Contact wwhiteman@c-a-tribes.org for more information.

Sequoyah National Research Center Summer Internships

The Sequoyah National Research Center (SNRC) seeks three tribally affiliated student interns for summer 2010 during the period of June 1 through July 31, 2010. Interns will work at least 25 hours per week in the center doing basic archival and research work under the direction of Center staff.

The SNRC at the University of Arkansas at Little Rock (UALR) houses the papers and special collections of tribal individuals and organizations, the world's largest archival collection of newspapers and other periodicals published by tribal individuals and organizations, and the Dr. J. W. Wiggins Collection of Native American Art, consisting more than 2,300 artworks, a massive archive documenting the collection, and a reference library on indigenous art of more than a thousand volumes.

The goal of the American Indian Student Internship Program is to provide students an experiential learning environment in which to acquire an understanding of the value of archives and

the research potential of the collections of the Center and to engage in academic research and practical database building activities related to tribal culture, society, and issues. Interns will be expected to demonstrate the value of their experience by either a summary report of work, finding aids for collections, reports of research or other written work that may be shared with their home institutions.

To qualify for an internship, students must

- * Be tribally affiliated
- * Have completed at least 60 college hours
- * Be in good standing at their home institutions of higher learning

Applications should include

- * A copy of the student's academic transcript
- * A reference or sponsor letter from the head of the student's major department or from another relevant academic official
- * A statement of no more than one page expressing why the intern experience would likely be beneficial to the stu-

dent's academic or career goals.

To assist the student in meeting expenses during the two-month tenure of the internship, the Center offers

- * On-campus housing paid for by the Center (\$1,000)
- * \$2,000 to defray other living expenses.

Students interested in applying should send applications or inquiries by e-mail to Daniel F. Littlefield at dflittlefiel@ualr.edu or Robert E. Sanderson at resanderson@ualr.edu or by U. S. mail to SNRC, University Plaza, Suite 500, University of Arkansas at Little Rock, 2801 S. University Avenue, Little Rock, AR 72204.

The SNRC must receive applications by **March 15, 2010**. The Center will select three applicants and three alternates. The Center staff will notify students of their decision by April 1, 2010.

For information regarding UALR and its housing facilities, see <http://www.ualr.edu>. For information on the SNRC and its work, see <http://ualr.edu/sequoyah>.

Best Buy at 15 Scholarship Program

Dec. 28, 2009-Feb. 15, 2010. Grades ninth-12 students living in the US and Puerto Rico are eligible to apply.

Students with solid grades. Students involved

in volunteer community service or work experience.

For more information visit www.bestbuy.com/scholarships or www.at15.com.

Spreading the wealth

Submitted by
Culture and Heritage

They are a walking treasure chest; filled with a wealth of tribal history and knowledge. They have shared their stories over the dinner table with family members for years and on Jan. 11-13, 2010, elders shared some of theses stories with the Culture and Heritage program. During the 2009 calendar year the Culture and Heritage program was awarded a traditional cultural property grant (TCP).

The grant, in the amount of \$15,000 was offered by the En-trix Company to Native American tribes’ nationwide to provide a TCP impact report on a pipeline project the company is implementing called the Keystone Pipeline XL project.

Near completion the report will include a media file of oral history received from Eugene Blackbear, Sr., Lucien Twins, Sr., and Rhoda and Vernon Bullcoming, as well two elders from the Ponca and Pawnee Nations. The media file will include the impact study of the project corridor, which includes areas from Canada through Oklahoma, ending in Texas. “They might not realize it, but the pipeline will affect the Cheyenne and other tribal nations in many ways,” Lucien



Courtesy photo

l-r back row Lucien Twins, Sr, Minoma Nixon, Rhoda and Vernon Bullcoming
l-r Front row Tanchi Williamson, Eugene Blackbear, Sr and Michelin Butler

Twins, Sr., said. “I’m looking at this project map and it is clear the pipeline is dangerously close to our ceremonial site, Bearbutte.”

The elders, program staff and Cheyenne and Arapaho Tribal College media students traveled to sites in Kansas and Oklahoma capturing oral history interviews within the project corridor. Media student, Michelin

Butler said, “It has truly been an honor to hear the stories and just spend time with the elders. Prior to taking this trip I had stress related issues weighing on me, but because of the time spent with them I felt like my burdens had been lifted.”

To learn more about the Keystone project visit the Web site www.transcanada.com/keystone.

Honor the sacred.
Honor the Earth, our Mother.
Honor the Elders.
Honor all with whom
We share the Earth
Four-legged, two-legged,
Winged ones,
Swimmers, crawlers,
Plants and rocks
Walk in balance and beauty.
Native American Elder

FEBRUARY 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Groundhog Day	2	3	4	5
6	7	8 CLINTON T.G.#1 Nurturing Ed Food Dinner	9 SEILING T.G.	10 HAMMON T.G.	11	12
13	14	15 CLOSED FOR HOLIDAY	16 CLINTON T.G.#2 Nurturing Ed Food Dinner	17 HICKORY T.G.	18	19
20	21	22	23 LAST DAY TO PICK-UP FOR FEBRUARY	24 CLOSED FOR INVENTORY	25 CLOSED FOR INVENTORY	26
27	28	29	30	1	2	3
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Comfy Winter Stew



Cooking with commods

- 2 lbs. butternut squash, cubed 1/2 inch

1 cup chopped onion

1 can pinto beans

1 can white northern beans

2 cups plum tomatoes, fresh or canned

2 cups corn

2 cups chicken (or vegetable) broth

1 tablespoon chili powder

1 tablespoon oregano
- 1 teaspoon cumin

1 teaspoon salt

1/2 teaspoon pepper

1 cup cooked, chopped buffalo meat

Saute the onion and add to the rest of ingredients in a large stock pot. Cook on low heat for 40 minutes to an hour to let flavors blend. If stew is too thick, add more broth.

ANITA
greenwalt

NICK'S
barber shop

1515 Sunset Dr.
El Reno, OK

262-1132

NO APPOINTMENT NECESSARY

BRIEFS

Academic Excellence Workshop-Indian Ways
Feb. 8-9, 2010 at the Sheraton Bloomington Hotel in Minneapolis, Minn. For more information visit www.stcstt.com.

The 13th annual Legislative Summit
Feb. 8-10, 2010 at the Holiday Inn Capitol in Washington, D.C. For more information or to register call (202) 544-7290 or email membership@niea.org.

The United National Indian Tribal Youth (UNITY) Mid-Year Conference

Feb. 10-14, 2010 at the Hilton in Arlington, Va. For more information or to register visit www.unityinc.org.

Native American Elders Seminar-Enhancing the Life Styles of our Elders
Feb. 11-12, 2010 at the Best Western Hotel in Phoenix, Ariz. For more information or to register visit www.jdaltoninstitute.com.

The 22nd annual At-Risk Youth National Forum-Empowering Students to Communicate, Accelerate, Partici-

pate and Graduate
Feb. 14-17, 2010 at the Embassy Suites in Myrtle Beach, S.C. For more information or to register visit www.dropoutprevention.org.

The Third annual Tribal Casino and Hotel Development Conference-Master Planning, Design and Construction
Feb. 16-18, 2010 at the Pechanga Resort and Casino in Temecula, Calif. For more information or to register visit www.nativenationevents.org.

The annual Indian Education Report Conference
Feb. 18, 2010 at the SeaTac DoubleTree Hotel in Seattle, Wash. For more information visit www.indian.education@ed.gov.

The 61st annual Oil and Gas Law Conference
Feb. 18-19, 2010 at the Hilton Post Oak in Houston, Texas. For more information call (972) 244-3400 or email iel@cailaw.org.

The first International Conference on Heritage and

Community Languages
Feb. 19-21, 2010 at the University of California (UCLA) in Los Angeles, Calif. For more information visit www.international.ucla.edu.

The 24th annual Reservation Economic Summit and American Indian Business Trade Fair
Feb. 21-24, 2010 at the Las Vegas Hilton in Las Vegas, Nev. To register call (888) 712-8922 or for more information visit www.ncaided.org.

Cour Clerk Standards Test-

ing and Certification Seminar
Feb. 22-23, 2010 at the Tropicana Casino in Las Vegas, Nev. For more information or to register visit www.jdaltoninstitute.com/seminars.

Strategies for Working with Youth in Indian Country
Feb. 24-26, 2010 at the Doubletree Hotel in Albuquerque, N.M. For more information visit www.falmouthinstitute.com.

Indian Water Rights and Water Law
Feb. 25-26, 2010 in Albuquerque, N.M. Visit www.fal-

EATING well for DIABETES

By Kristie Purdy, MA, RD/LD
C&A Diabetes Wellness Program

Kids, cholesterol

Most parents and caregivers do not think of diseases such as high cholesterol as something that has much of an impact on their children. Most of us tend to associate high cholesterol with adults. While high cholesterol may not always show up in childhood, the development of lifelong eating and physical activity habits are developed during this time. Oftentimes, the development of cardiovascular disease and high cholesterol has its roots in childhood.

High cholesterol occurs when there is too much cholesterol in the blood stream. This excess cholesterol in the blood stream can be deposited in the arteries, including the arteries of the heart. High cholesterol levels are caused by three major factors: Diet – a diet high in fat, particularly saturated and trans fats. Heredity – Having parents or a parent with high cholesterol. Obesity – Related to both diet and lack of exercise. When cholesterol builds up in the arteries it can cause the arteries to narrow, and may even cause a blockage. Blocked arteries can lead to a heart attack or stroke.

Many of us don’t stop to think of what we do to our bodies during the first 40 to 50 years of life can have a major effect on our chance for heart attack and heart disease later on.

Since the 1970s the number of kids who are overweight has more than doubled among 2 to 5 year olds and tripled among 6 to 11 year olds.

Children who are overweight and have bad eating and physical activity habits are more likely to stay the same into and through their adult life. This can have major health consequences. Teaching kids from a very young age to eat a well-balanced, low-fat diet can have a huge impact on how kids eat later on in life after they leave home.

The following tips offer some helpful ways to help keep your family’s cholesterol at healthy levels.

- Know your own

cholesterol level! Healthy total cholesterol is under 200. If yours is high, ask to have your kids cholesterol checked.

- Serve a diet rich in fruits, vegetables and whole grains.
- Choose lean meats including: ground beef at least 90 percent lean, cuts of beef or pork with the word “round” or “loin” in the word (i.e. sirloin), skinless white chicken, buffalo, fish, beans, peas, nuts and seeds.
- Read the nutrition facts label so you can limit cholesterol, saturated fat and trans fat intake. Most fat sources should come from unsaturated fats such as fish, nuts and vegetable oils.
- Choose non-fat or low-fat dairy products. Dietary guidelines suggest everyone after the age of two should have no more than 1 percent or skim milk to protect against such things as heart disease.
- Stay away from solid fats. Use vegetable oils for cooking and soft or “spray” margarine for table use.
- Limit food and beverages with added sugars.
- Limit commercially prepared baked goods. Try serving healthier snacks such as fresh fruit and vegetables with a low-fat dip, lite popcorn, and low-fat yogurt.
- Get plenty of exercise. Exercise helps boost HDL levels in the blood. HDL cholesterol is known as “good” cholesterol, because high levels of HDL seem to protect against heart attack. Low levels of HDL also increase the risk of heart disease. Kids 2 years and older should be physically active for at least 60 minutes a day or more.

Make healthy living a family affair. The earlier we can intervene and introduce healthy lifestyles through diet and physical activity for our kids, the more likely we will be successful at reducing the risk for high cholesterol and heart disease later on in life.

For questions concerning nutrition, diabetes or weight management, please contact the C-A Diabetes Wellness Program at (405) 422-7688.

George Hawkins Memorial Treatment Center

10320 North Airport Road, Clinton, OK 73601

The Substance Abuse Program can be contacted at (580) 331-2370 or by dialing toll free (800) 247-4612 extension 32370.

Geary Nursing Home

An enterprise of the Cheyenne and Arapaho Tribes

Submitted article/photos

We would like to welcome three new residents to the Geary Nursing Home this month, Bertha Thunderbull, Woodruff Whitecrow and Raymond Rouse. That brings our census to 21. The residents enjoyed a New Year’s Eve party on Dec. 21, 2009 with snacks and party favors.

Our birthday this month is Raymond Rouse. Rouse is from El Reno Okla. He loves to visit with friends and family and likes to go hunting.

Our resident of the month is Grace Wallace. Wallace worked as a cook and waitress all of her life. She has two children. Her favorite



time of the year is spring because every thing is in bloom and the birds are singing. Wallace is a joy to be around and loves to entertain everyone at the home with her beautiful singing.

We will be having our Valentine’s party on Feb. 14 where we will crown our sweetheart king and queen. We would like to say thank you to everyone who has made our year here at the nursing home a very successful one. We would like to send our condolences to the families of Rodrick Smith, Samuel James and Orrin Sage.



Life on the Front Lines ...

Submitted article

I served eight years in the U.S Army and went through Iraq in 1991 with the 2-16 Infantry Rangers. We were the first into Iraq in our sector. At that time I was an officer and was second in command of Bravo Company. I had six kids at the time and my youngest son was just a baby. I left my wife and kids and went to war. The morning my wife dropped me off at the company area at approximately 3:30 a.m., I told my wife, Elana, that she had my permission to remarry if I did not return. I also made her promise that the new husband would never be mean to my kids.

The night before the ground attack started, I went to all my men and prayed with them. We were all tearful because we were told to expect 60 percent of the troops to be either wounded or killed. I reassured my soldiers that we would be protected and to follow my instructions. I had my soldiers promise to take my body home if I should fall and that I would do the same for them. I could not imagine my body laying alone out in the desert on foreign land lost forever.

After having fought in the ground war, I returned to my family approximately six months later. I felt the fears of injuries, possible death and seeing some of my soldiers being medivac off the battlegrounds. I felt the cold, lonely nights without my family, the pains of being alone especially after mail call, not receiving any letters walking into the dark night to hide the pain and wondering if you were even still loved. The feelings never leave. When I got out in July 1992, I told my own kids that they never had to serve in the Armed Forces if they did not want to.

Nineteen years later at this present time my youngest son, who was afraid of me when I returned from Iraq, is serving with the U.S. Army Rangers in Afghanistan, doing the same things I did. He graduated at 17 years old, joined the Army and this past May 2009, returned from Iraq, took two weeks leave, turned 19 years old after experiencing war and death. He departed for Afghanistan around Dec. 5.

As Christmas day approached, I was wondering how my son was doing. I was crying on the inside not showing it on the outside, wondering if he was safe, if he was warm, if he was going to eat a hot meal, if he was going to sleep in a warm place or if the whole world had forgotten about him and his men. As I prayed over the dinner for our family, I asked my whole family to pray in silence for him. As I ate, I had blurred vision because of the pain I felt without my youngest son. I know that I missed many holidays, birthday’s, anniversaries and many other occasions because of being a U.S. Army Ranger. I felt the pain in my throat and heart because a son so young was on the frontlines for his country, something he chose to do. After dinner, while we were opening presents, the cell phone rang and God sent my youngest son, Elijah J. Nells, U.S. Army Ranger, to say he just got in from being out in the mountains on patrol. He thought he would say Merry Christmas.



Courtesy photos

Left to right: Lee, Elijah, mother Daisy (Elana), father James Nells, Front row: Brittney, Paul, Lena. They are of the Cheyenne/Arapaho and Navajo tribes. Lena is also of the Kickapoo tribe of Oklahoma.

The maternal grandparents are Peggy Pratt of Tahlequah, Okla. and William (Bill) Pratt of Moodys, Okla., formerly of Canton, Okla. Erma and Felix Groesbeck of Ethete, Wyo. Great-grandparents include Daisy WolfChief, Pauline Meat and many spiritual leaders for the Cheyenne and Arapaho tribes

On the father’s side, their grandparents are Dorothea Shirley of Gallup, N.M. and the late Edward Nells of Seba Dalkai, Ariz.

I did let a tear escape my eyes and tried to hide the pain when I talked with him. While on speaker phone, our whole family said together, “Merry Christmas and Happy New Years” and that we wish he was here. I heard the hurt in his voice, but I was strong for him, and the family did not want to hang up. On Monday night Jan. 4, Elijah called once again to say that he loved me, he was very tired, lost his days and said for me to tell my students to stay in school, stay out of trouble and when they graduate to go to college. He said he was living at approximately 7800 feet elevation and patrols in the mountains going as high as 9000 feet, that he was tired, very cold and that they

were shot at, rocketed, and bombed without really having a visual on the enemy.

As a parent who has seven kids, two in the Armed Forces, a daughter 2nd Lt. Lena N. Nells, military intelligence stationed state side and Elijah, enlisted with the Army Rangers, I am very proud of them and pray daily for their safe keeping, especially my son in Afghanistan. I am scared, but I believe that the Creator/God will protect not only my son and daughter, but also all the fighting troops. As a veteran, I might not agree on all the reasons for our involvement in the war, but I believe that we should support all of our troops. They are there doing their job, they did not ask to be there, but that is where they are at, helping defend the ideas and ways of life of the United States of America. It is our politicians who make the decisions to send our kids/troops. I am proud to have served and if asked to do it again, I would proudly serve and defend.

James. E. Nells (U.S. Army Infantry Ranger-Captain), Riverside Indian School teacher/coach XC-track.



Pfc. Elijah J. Nells

Letters Never Sent

By James. E. Nells

Away so far ... promises made ... bold to face the wife, the kids he loved.

Look at me now ... remember me so ... The future so far away ... uncertain, untold.

If I never return ... you have my blessing ... to wed again.

Promise me this ... NEVER let the new man ...

To my children lay a hurting hand ... for they are my love.

To you I give my love ... your happiness.

Many days ... far, far away ... waiting for letters to comfort the soul.

Mail call ... too many ... happy faces ... BUT to come ...

To one ... a letter never sent.

The walk into darkness to comfort the soul ... a little prayer ...

To act so bold ... what do I care ... I am here ... they are there.

Alone in the dark ... your many thoughts ...

Why God ... is a letter never sent? To his soldiers ... the men ... be strong ... be bold.

Tomorrow we face ... possible 60 percent injuries or death ...

To victory we go.

I am here to pray ... for comfort ... for strength ...

For victory ... for that letter never sent.

If I should fall ... take me home ... for I DO NOT WANT to lay ...

The desert cold and all alone.

Send my love a note ... a letter ... that no matter what ...

My love was always true and deep ... Though no letters never sent.



CALENDAR of Events

Sixth annual Dream Catchers powwow

For the Ardmore High School Native American Club. Feb. 2, 2010 at the Hardy Murphy Coliseum, 600 Lake Murray Drive in Ardmore, Okla. For more information, call Deana Craighead at (580) 226-7680.

Memorial Dance for Arapaho Chief Alonzo Sankey

Feb. 6, 2010 at the Watonga Multi-Purpose Building in Watonga, Okla. Supper begins at 5 p.m. For more information contact Angie (405) 313-3567 or Danette (580) 603-3728.

The 24th annual Tulsa Indian Art Festival

Feb. 12-14, 2010 at the Spirit Bank Event Center in Tulsa, Okla. For more information call (918) 838-3875 or visit info@Tulsaindianartfestival.com.

Third Legislature Regular Session

At 9 a.m. Feb. 13, 2010 in the large conference room at the tribal complex in Concho, Okla.

OKC Powwow Club Benefit Gourd Dance

Feb. 13, 2010 at the American Legion Building, 1010 West Main Street in Yukon, Okla. A fundraiser for the annual Indian Hills powwow July 23-25, 2010. Gourd dance 2 to 11 p.m. and supper from 5:30 to 6:30 p.m. Booth space \$25, contact Glenn Rollo at (405) 885-2569.

Twentieth annual World Champion Hoop Dance Contest

Feb. 13-14, 2010 at the Heard Museum in Phoenix, Ariz. For more information visit www.heard.org

Cheyenne and Arapaho tribal princesses coronation dance

Feb. 14, 2010 at the Geary Tri-County building in Geary, Okla. Supper at 5 p.m.

Chasing the Sun powwow and 10K

Feb. 19-21, 2010 at the University of Phoenix Stadium in Glendale, Ariz. First powwow held in a NFL stadium. \$100,000 in total prize money. For more information, visit www.nabihoops.com.

Seminole Nation Domestic Violence Awareness banquet/style show

At 6 p.m. Feb. 20, 2010 at the Enoch Kelly Haney Center at Seminole State College, 2701 Boren Blvd., Seminole, Okla. Cost is \$25 per ticket. Style Show starts at 4:45 p.m.

The 11th annual Trout Derby

Feb. 20, 2010 at Lake Pawhuska in Pawhuska, Okla. For more information call the Pawhuska Chamber of Commerce at (918) 287-1208.

NWCG Basic Wildland Firefighter Training Course

From 8 a.m. to 5 p.m. Feb. 22-26, 2010 at the Oklahoma Environmental Training Center, Rose State College, 6420 Southeast 15th Street in Midwest City, Okla. For municipal/volunteer firefighters, land managers, prescribed fire practitioners and anyone interested in a wildland fire career. For more information call (405) 733-7488. Space is limited.

The annual Peoria Tribe Stomp Dance

At 7 p.m. on March 6, 2010. Festival of Native American Dance held the first weekend in March. For more information, call (918) 540-2535.

Denver March powwow

March 19-21, 2010 at the Denver Coliseum in Denver, Colo. For more information call (303) 934-8045 or visit www.denvermarchpowwow.org

The 2010 Miss, Jr, and Little Miss Indian Oklahoma City competition/performance

At 6:30 p.m. March 26, 2010 at the Destiny Christian Center, 3801 SE 29th St. Del City, Okla. For more information, call Shirley Wapskineh at (405) 632-5227. Visit www.misindianokc.org or www.okcic.com.

Third annual “Preparing for the seventh generation: The journey continues in commercial tobacco control”

April 7, 8, 9, 2010 at the National Center for Employee Development, 2801 State Highway 9 in Norman, Okla. No registration fee.

Oklahoma City University Native American Society annual spring contest powwow

April 10, 2010 at the OCU Freede Wellness Center in Oklahoma City.

Gathering of Nations powwow

April 22-24, 2010 at the University of New Mexico football field in Albuquerque, N.M. (Across the street from the Pit). Application deadline for Miss Indian World Pageant is March 20, 2010. Visit www.gatheringofnations.com for more information.

Wounded Knee Memorial Motorcycle Run

Aug. 6-7, 2010 from Fort Yates, N.D. to Eagle Butte, S.D. to Wounded Knee. Honoring the trail of Chief Big Foot. For more information, call Bruce Hansen at (262) 903-0869 or hansen@elknet.net

TRIBAL TRIBUNE DEADLINES

At 5 p.m. every 8th and 23rd of the month.

Papers delivered every 1st and 15th.

Minorities urged to be counted in census

(OKLAHOMA CITY) - Representatives of Oklahoma’s minority organizations tried to allay privacy concerns and fears of government intrusion Jan. 15, 2010 as they urged ethnic minorities to take part in the state’s 2010 census.

Spokespersons for black, Latino, Asian, Muslim and American Indian groups joined officials from the U.S. Census Bureau to call on all minorities to participate in the nationwide head count that is conducted every 10 years. The 2010 census is scheduled to kick off on April 1, 2010.

“We want to make our voices heard,” said Anthony Douglas, state president of the National Association for the Advancement of Colored People.

“It’s very important to count our people,” said Gordon Yellowman Sr. of the Cheyenne and Arapaho tribes of Oklahoma. “Numbers can really have an impact when it comes to receiving services.”

Immigrants who entered the U.S. illegally may be reluctant to identify themselves on the 10-question census questionnaire. Officials said information on the questionnaire is confidential.

“It’s safe. The information that you give is not going to be used against you,” said Ed Romo of the League of United Latin American Citizens.

The results of the census, especially minority representation, will be an important tool for state lawmakers as they redraw political district lines for the Legislature and Congress.

“The Latino community is completely on board with this. Be sure that you participate,” Romo said.

Oklahoma County Commissioner Brian Maughan said officials believe part of the state’s minority population was not counted 10 years ago when the state lost one of its six congressional seats because 2000 census data indicated Oklahoma was not growing as fast as other states.

The response rate to the 2000 census in Oklahoma was just 64 percent, said Debra Stanley, assistant regional census manager for the Census Bureau.

“We are definitely rallying for a 100 percent response rate,” Stanley said.

David Castillo, a member of the Oklahoma City School Board and president of the Oklahoma City Hispanic Chamber of Commerce, said census data is crucial in determining how much federal money the state gets for education and other services.

John Sharp, program coordinator for transportation planning and data service for the Association of Central Oklahoma Governments, said the state receives \$1,300 in federal funds for each person who is counted in the census.

“It’s so important for funding for our schools,” Castillo said. “The Latino community is growing across the nation. But it’s also growing in Oklahoma.”

“We know that there are groups in Oklahoma that are often undercounted. And we know there are consequences to that,” said Sen. Constance Johnson, D-Oklahoma City. Johnson said there are pockets of society that are not receiving all the benefits of society.

Tribal Leadership Development Institute

Call for Capability Statements

The American Indian Social Research Institute is a Native American non-profit organization that provides social and scientific research assistance to indigenous peoples and their community(s). However, there is also a subsidiary called the Tribal Leadership Development Institute seeking capability statements from individuals who feel they can teach the following courses to tribal audiences:

- Leadership, governance and communication (Management)
- Leadership, membership, and citizenship (Tribal Social Systems)
- Leadership, Ethics, and Decision-Making (Management)
- Constitution, Treaties and Tribal Governance (Governance)
- Vocabulary of Sovereignty (Communications)
- Preservation, Culture, and Tradition (Tribal Social Systems)
- Land (Tribal Land Management & Natural Resources)
- Social Networks (Communications)
- Leadership typologies (Communications)

The first workshop will be Feb. 15-19, 2010 in Sioux Falls, S.D. on the corporate training campus of the Good Samaritan Society.

This is an intensive four-and-a-half days training session and a certificate will be issued on the last day of classes during the honoring ceremony

and luncheon. To view all courses, their descriptions, and, the TLDI brochure, visit www.tldinstitute.org/courses.html or go to the main page and click onto the PDF entitled “Call for Instructor Submission(s).”

Instructors should have in depth experiences in these or the subject matter. The instructor must provide his/her own course materials and handouts. Instructors are paid \$500 for every four hours of classes taught. Instructor’s travel and lodging will be paid/reimbursed for. Program participants will register online.

This will be a tuition-based training program. Anyone who can teach one of these courses should email their resume, capability statement, or something illustrating their experience. Some classes won’t require advanced credentials and some might. Participants will be responsible for their own breakfasts and dinners. The Institute will provide lunch. Regional faculty preference will be given to those resumes/capability statements, etc., in which state the classes will be taught in.

Contact Donald Lake at (605) 275-8434 for details or email him at aisri@midconetwork.com. The Tribal Leadership Development Institute is an educational subsidiary of the American Indian Social Research Institute (AISRI). To register for the conference, visit www.tldinstitute.org.

Tribal Leadership Development Institute (TLDI), 300 North Dakota Avenue, Suite 215A, Sioux Falls, South Dakota 57104, (605) 275-8434 Fax (605) 275-8435, Email: info@tldinstitute.org or www.tldinstitute.org

REACHing Out



TALKING CIRCLES

\$50 Wal-Mart card
for TOBACCOUSERS

WHO ARE THINKING ABOUT QUITTING

The Cheyenne and Arapaho Tribes Southern Plains R.E.A.C.H. U.S. Project will be conducting the focus group “Talking Circles” in various locations throughout Western Oklahoma beginning in January. R.E.A.C.H. U.S., the Oklahoma State Department of Health and the University of Oklahoma will combine efforts to gain insight into tobacco use among the tribes.

Tribal people who use tobacco and wish to quit are encouraged to be a part of the “Talking Circles” which are about quitting commercial tobacco and finding materials that promote cessation. If you qualify, you can receive a \$50 Wal-Mart card. Participants in the age group of 35-50 will have priority, but other age groups will be considered. The “Talking Circles” will be conducted in Clinton, El Reno and Watonga in January. Tentative dates for the Talking Circles are as follows:

El Reno	1 - 4 p.m.	Feb. 6, 2010	Education Office
Watonga	*		Watonga Multipurpose Center

***POSTPONED (NEED MORE PEOPLE).**

If you are interested in participating contact Margie Deer at the R.E.A.C.H. U.S. Program to sign up. You may leave a message by stating your name and a contact number. The phone number is **(405) 422-7687**. The office is located with RESpECT at the court house in Concho if you wish to sign up there. If out of the area call TOLL FREE 1 (800) 247-4612 Extension 27687. Leave a call-back number.

Taking applications for Hammon and Elk City in February, Seiling and Canton in March. Please call if you are interested in being in a focus group in any of these areas.

NIEA call for artists

The National Indian Education Association was established in 1969 and is the only national nonprofit exclusive to education issues for American Indian, Alaska Natives, and Native Hawaiian educators and students.

These advocates work to keep native cultures in homes, communities and classrooms, and lobby on Capitol Hill to ensure that the government maintains its trust responsibilities to the native people of the US.

Oklahoma City will be hosting the NIEA conference Oct. 18-21 in 2012 at the Cox Convention Center.

The Local Planning Committee is looking for a theme and logo that will best combine Oklahoma’s tribal cultures with technology and education. The image chosen will be used nation-wide on all publicity and promotional items. The artist will be awarded \$750 and invited to attend NIEA 2012 honor banquet.

Submission Deadline: Feb. 8, 2010

Artwork Requirements: Logo and theme must connect culture with technology and education. Design needs to be clean and simple with a contemporary feel. Limit design to four colors or less.

Submission Requirements: Must be a member of an Oklahoma tribe. Artist may not exceed two submissions. A separate entry form must be filled out for both submissions if the artist chooses to do more than one. Submitted Images must be labeled appropriately. Include short description of work on entry form.

Submission Process: Submissions accepted by mail or email. Images submitted by email must be at 72dpi. Email to niea2012@yahoo.com with NIEA LOGO 2012 in the subject line. Images sent by mail must be on a cd at 300 dpi or printed on a 8.5” x 11” sheet of paper.

Images sent by mail should be mailed to 1819 Lakehurst Dr., Norman, OK 73071 marked ATTN: NIEA LOGO 2012.

Acceptance Process: Only one image will be chosen. Works reviewed by NIEA LPC Theme/Logo Committee. Artwork will not be returned. The artist of the chosen image will be contacted soon after March 2010. Selected artwork becomes property of the LPC with the artist receiving \$750.

For more information, visit [www. NIEA.org](http://www.NIEA.org)

The Third annual Doyle Lonelodge Tournament

Jan. 16, 2010 Clinton, Okla.



Champions – Cold Ones

Front: James Hudson, Jimmy Shawnee
Back: Tyler Elledge, Jordan Blackwolf, Jeremy Littlebird, Trenton Redbird, Josh Littlebird



Second Place – Bombers

Dru Wilson, Parry RomanNose, Hocheni Botone, Leaf Minear, Reggie Island, Alan Rednose, Steven Blackwolf



Third Place – Warriors

Albert Littleman, Blake Welbourne, Curtis Irwin, Keith Phillips, Craig Phillips, Cody Youngbull

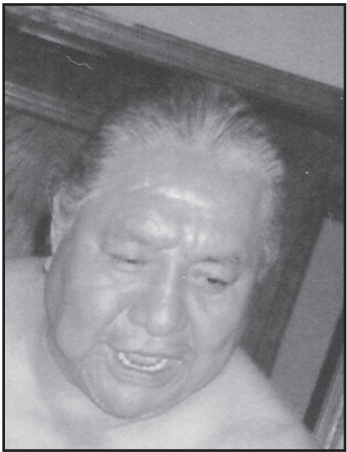
HAPPY BIRTHDAY

HABIBIDA

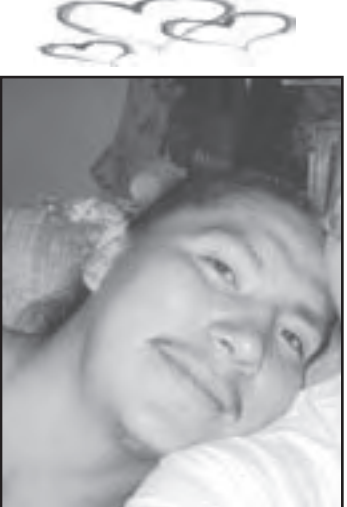


Happy Belated Birthday
Barry Cakes
I love you. Thank you for everything you do for me!
Love Summer

Happy Birthday
Ercel Lou Whiteshield
You are the best great-grandmother we could ever ask for. We wouldn't give you up for the world because you mean the world to us. Love, your great-grandbabies, Gertrude-Sara Elias, Nellie-Jean Maddisson and LaQuite Ercel-Lou



To my one and only sweetheart who danced his way into my heart.
You have all my love,
Natasha Lonebear



Happy 24th Birthday William Edward Black Owl, Jr.
Feb. 28
Each and every day that passes I thank God that I have you. A strong, caring, loving husband who I know will stick by me even through all the trials and tribulations. A husband who will put a smile on my face when I am down and out, who will do everything for me especially when I pout. But baby, my gift to you is to be your strength, your all and the one who will pick you up if ever you should fall. Know that my love for you is unconditional and I'll be here through thick and thin. Just tell me where and when ... so happy birthday my love. Always and forever, your wife, Lauren Black Owl

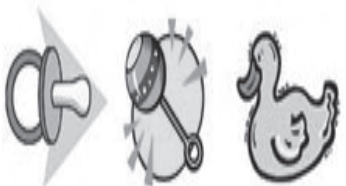


Happy Birthday Billy-D!
You are looking young as ever! Love the Tallbear clan from the land of the setting sun. We love you, hugs and kisses. Love your loving family, sisters, your kids, grandchildren and great-grandchildren



Happy Birthday mom!
We love you.
Summer, Brene, Fred, Iris and Lauren

Congratulations to Julia Micki Rhoads, my daughter, on successfully bringing a handsome 7 lb. 4 oz. baby boy into our camp. His name from now on and forever will be Wagasap-ih (Way-Gah-sop-ih) which means whip! To everyone else his name is Derrin. Love your father



Welcome
Jocelyn Nona Aguina



Jocelyn Nona Aguina was born on Nov. 19, 2009 at 6:55 p.m. at the University of Oklahoma (OU) Medical Center in Oklahoma City. Proud parents are Sam Aguina and Melanie Morlan. She weighed 6 lbs. 1 oz. and was 18 inches long. Also welcoming Jocelyn are grandparents, Libby Morlan of Watonga, Okla., Dean Morlan of El Reno, Okla. Elvira and Manuel Aguina of Bajio de Sannicolas Zacatecas Mexico.

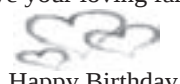
Orren John Sage
March 22, 1955-Jan. 21, 2010

Funeral Services for Orren John Sage, 54, of Weatherford, Okla. were held Jan. 21, 2010, at the Cumberland Presbyterian Church in Colony, Okla. The Rev. Gerald Watson officiated. A burial followed the funeral ceremony in the Colony Indian Cemetery under the direction of the Stanley-Lee Funeral Home. Sage was born March 22, 1955 to Victor and Lorene (Cross) Sage in Clinton, Okla. Sage was raised in the Colony and Weatherford areas. He graduated from Weatherford High School in 1973 and continued his education at Central State University in Edmond. Sage returned home and has worked in the seismograph, oilfield, and construction fields. Sage is preceded in death by his father and three brothers, Samuel, Darrell, and Bill Sage. He is survived by his mother, Lorene Sage, three sisters, Edna Bowen and Agnes Marie Sage, all of Weatherford and Joetta Mauer, of Illinois and a brother, David Sage, of Ken, Wash. He is also survived by an adopted sister, Effie Bear Track of Weatherford and several nieces and nephews.



Happy Birthday Christian D. Guzman aka BeShawn
Feb. 8
We love you and wish you could be at grandma's for your special day. God Bless you. Our prayers are for you everyday. Love grandma Leona, mom, Blue Sky Christa

Happy Birthday Sierra Flynn!
We love you, hugs and kisses. Love your loving family



Happy Birthday Becky Starr!
We love you, hugs and kisses. Love your loving family

Happy Birthday uncle George Whiteshield
Hope you have a blessed and safe birthday. We love you. Love your nieces, Gertrude-Sara Elias, Nellie-Jean Maddisson and LaQuita Ercel-Lou.



I want to say to my "lil" pal, Brady Rhoads a Happy Thanksgiving. Happy Birthday and Merry Christmas. I look forward to seeing you soon. I wanted to come see you but you know why I couldn't, but we'll get together in a matter of days. Love your pop

Thank You

The Culture and Heritage program would like to thank the Cheyenne and Arapaho Tribal College's media students and staff for their participation on the Keystone Pipeline project. Your efforts are applauded and you are very much appreciated. Minoma Littlehawk Nixon, student
Michelin Butler, student
Tanchi Williamson, student
Billy Williamson, instructor

Thank You

to the Education Department
It is so nice to be remembered at Christmas time by the Cheyenne and Arapaho tribe's education department. Thank you for coming to my home and bringing Christmas gifts. I appreciate all your hard work to help our students get a great education. Thanks, Patsy R. Clark

Zachary M. Limpy
Jan. 22, 1968-Sept. 14, 2002



Zachary M. Limpy aka Shark
Jan. 22, 1968-Sept. 14, 2002

In the midst of our sorrow and heartache from 2002 to now, the joy of our lives is that we will see and be with Zach again. Everyone experiences loss at some point and it's not feasible to compare losses, the problem of comparing loss is one loses the ability to relate to reality with God's mercy and grace; we are able to face



Happy Birthday and thank you for our beautiful baby girl. I love you my beautiful Esposa Love Natasha

Happy 24th Birthday to the world's greatest daddy, William Blackowl, Jr. We love you bunches! Gertrude-Sara Elias, Nellie-Jean Maddisson, LaQuita Ercel-Lou



Happy Birthday Jennifer "Poo" Hatten
Feb. 7
13 years old
Officially a Teenager! Larissa Rhae Walker
Feb. 8
With Love from your family



Thank You

On Nov. 15-16, 2009 I attended the wake and funeral services for my cousin/brother, Curtis James Levi, who passed away on Nov. 10, 2009 I was impressed by the love and support shown by so many Cheyenne and Arapaho relatives and friends of Curtis at the wake, funeral service and burial in Geary, Okla., despite the very cold weather that day. Gerald Panana and Joanne Williams conducted the funeral service and the tribal singing by Moses Starr was very moving as was the spiritual healing ceremony performed by Andrew Yellowhair. Thanks goes out to all



Wishing our Princess a Happy 2nd Birthday Eryn Violet Ruth RomanNose
Feb. 7
We Love You! mommy, daddy, Chelle, Evan, and Carter



Happy 3rd Birthday to my precious grandson Rufus Bryce Ellis
I was so blessed when you came into my life. You are so precious to me. May all your wishes come true. I am so proud to be your geh-mah! God bless you in everything you do. Love Geh-Mah



Happy 2nd birthday son Knowell Vance gilbert, Jr. From your dad who loves you very much and misses you. Love Korey, Lesh, mom and dad

"Congratulations"
for making the Darlington School Principals Honor Roll
Keenan Four Horns – 3rd Grade
Kionna Four Horns – 3rd Grade
Jennifer Hatten – 7th Grade

Good Luck



To the returning champs, Dem Boyz

Dillon L. Stephens, former security supervisor for the Cheyenne and Arapaho tribes' Lucky Star Casino in Concho, Okla., graduates from U.S. Marine basic training program. On Jan. 15, 2010, Stephens marched across the parade deck along with 490 other graduating recruits in San Diego, Calif. Stephens was employed with Lucky Star Casino for three years before deciding to join the U.S. Marines. He is the grandson of Tom and Joyce Lyman of Guthrie, Okla. and the son of Roger and Rosemary Stephens of Minco, Okla. After a ten-day leave Stephens returned to California to begin 56 days of infantry training. Stephens' family wishes to congratulate him on his accomplishments.

Thank You

The Concho head start program would like to thank the Cheyenne and Arapaho legislators, the Smoke Shop, Lucky Star Casino (Concho-Giving Tree) and to all those who donated to enable us, with your generosity to bless the head start students wonderful Christmas Party. The head start program was also able to give a Christmas ham to each child's family. Again, thank you for your generosity to our children. It is greatly appreciated and we hope you receive the same generosity in your lives. The Concho Head Start Staff

Karl Thunderbull Sr.
April 13, 1976-Feb. 1, 2009
I can't believe it has been a year since you left. I miss you so much and I will love you always. Your "lil" sis, Jit

In Memory of Karl L. Thunderbull Sr.



Karl L. Thunderbull Sr.
April 13, 1976 – Feb. 1, 2009
You never said, "I'm leaving," you never said goodbye You were gone before we knew it, and only God knows why. A million times we needed you, a million times we cried If love alone could have saved you, you never would have gone. In life we loved you dearly, in death we love you still. In our hearts you hold a place that no one could ever fill. It broke our hearts to lose you, but you did not go alone. For part of us went with you, the day God took you home. We love and miss you so much daddy! Always your little family, Michelle, Karl, Jr., Nathan and Kaydence

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver’s license, and CDIB to: Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: awhite@c-a-tribes.org

A-4 LEGISLATIVE ASSIST. Part-Time

QUALIFICATIONS:
Associates degree or work experience equivalent to four years in federal, state or tribal government. Working knowledge of computer software programs such as Microsoft Word, Excel, PowerPoint, and Access. Ability to relate and work with the general public. Must posses a valid Oklahoma driver’s license. Cheyenne-Arapaho preference.

SALARY: Negotiable

SPECIAL PROJECTS OFFICER

QUALIFICATIONS:
Minimum of three years of administrative or technical work in general management. Must be a well-organized, motivated and adaptable individual with strong analytical skills who can work flexibly on different projects for the executive director of the Department of Administration. Requires ability to quickly adapt to a changing work portfolio dictated by organizational priorities. Strong research skills, ability to analyze quantitative and qualitative information. Experience of working in a project, performance improvement or policy development. Learn policies and procedures, regulations and operational/administrative procedures. Communicate effectively in both oral and written form, including the preparation and presentation of reports and research findings. Conduct complex analyses of a general or technical nature and synthesize findings and recommendations for others. Organize and coordinate divergent assignments. Persuade and motivate others. Establish and maintain effective work relationships with those contacted in the performance of required duties.

SALARY: Negotiable

A-4 LEGISLATIVE ASSISTANT

QUALIFICATIONS:
Thorough knowledge of the legislative process and procedures. Knowledge of office policies, practices, and procedures. Knowledge of office computer applications and proficiency in work processing. Associates degree or work experience equivalent to four years in federal, state or tribal government. Working knowledge of computer software programs such as Microsoft Word, Excel, Power Point, and Access. Ability to relate and work with the general public. Must posses a valid Oklahoma driver’s license. Cheyenne-Arapaho preference.

SALARY: Negotiable

RECEPTIONIST/FILE CLERK

QUALIFICATIONS:
Certification of completion from an accredited secretarial school and/or clerical course/program or certification of completion of Access software. Minimum education requirements are either a high school diploma or GED certification. Experience in records and/or database management; demonstrate knowledge in operation of various office machines and demonstrate computer skills and/or knowledge, specifically Microsoft Word, Excel, Access and/or other various other applications. Must possess a current Oklahoma driver’s license. Cheyenne and Arapaho preference.

SALARY: Negotiable

RECEPTIONIST/ LICENSING AGENT

QUALIFICATIONS:
High school degree or equivalent required. Minimum of two years of clerical/administrative experience. Computer literate and familiar with practices and procedures of the gaming industry. Ability to maintain high level of confidentiality. Strong work ethic. Available to work evenings and weekends. Successfully pass extensive background check. Posses a valid Oklahoma driver’s license and have reliable transportation.

SALARY: Negotiable

Cheyenne and Arapaho Tribes
(800) 247-4612



Clinton Site

PO Box 1173
2100 Dog Patch Road
Clinton, Oklahoma

Phone: 580-331-2601
Fax: 580-323-
kchulepah@c-a-tribes.org

FITNESS ROOM HOURS

MONDAY-FRIDAY
6:00 a.m. - 9:00 p.m.

SATURDAY
11:00 a.m. - 6:00 p.m.

SUNDAY
CLOSED

February 2010 Calendar of Events

Recreation, Exercise, & Sports for the Elders and Children of the Tribes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Initiation 11:00a-2:12p	2	3 Arjuna 12:15p-12:45p	4	5 Thomas 12:00p-12:30p	6 1 Term-6pm
7 CLOSED	8 Men's Basketball 7:00p-10:00p	9 After School Language 4:00p-5:30p	10	11 Language 1:00p-11:30a	12 open	13 1 Term-6pm
14 CLOSED	15 OFF NO WORK	16 After School Language 4:00p-5:30p	17 National Day	18 Language 1:00p-11:30a	19 open	20 1 Term-6pm
21 CLOSED	22 Men's Basketball 7:00p-10:00p	23 After School Language 4:00p-5:30p	24 After School Language 4:00p-5:30p	25 Language 1:00p-11:30a	26 open	27 Intertribal Women's Basketball Tournament
28 CLOSED						

CATI TRAINING CENTER

Canadian Square
Shopping Center
1621B East Highway 66,
El Reno, OK 73036

CATI Training Center Offers:
Open Lab
Training in:
**Microsoft Office 2003,
Word, Excel, Access, Power
Point, Microsoft Office
2007, Word, Excel, Access,
Power Point.**

Call (405) 262-1906 or (405) 422-7638, or drop in. Open from 8 a.m. to noon and from 1 p.m. to 5 p.m. Monday through Friday.



TRIBAL TRIBUNE DEADLINES
The 8th and 23rd of each month.

MARCH 2010 SCHEDULE OF ACTIVITIES

Wednesday, March 10, 2010
Basketball Tryouts 5th-8th

Saturday, March 13, 2010
Youth Leadership Forum
Clinton, Ok

Monday, March 15, 2010
Spring Fling
Roman Nose State Park

March 17-20, 2010
C & A Studies Conference
Denver, Co

March 17-21
March Madness Basketball Tournament 9th-12th
Henryetta, Ok

Wednesday, March 24, 2010
Basketball Tryouts 9th-12th

Sponsored by the R.E.Sp.E.C.T. Program
For more info, please contact the office at
1-800-247-4612 Ext. 27578

Cheyenne and Arapaho Tribes Culture and Heritage Program 2010 Survey

In effort to better serve you and your family, the Culture and Heritage Program respectfully request your valued opinion. Please complete and return survey to PO Box 145, Concho Okla. 73022 or drop it off at the Concho community Hall located at 200 Wolf Robe Circle.

Program Services:

Which community do you reside in? Canton – Clinton - Concho - Calumet - El Reno - Geary - Greenfield – Hammon Kingfisher – Longdale - Oklahoma City – Watonga - Woodward – Elk City – Seiling – Colony – Weatherford Out of Service Area - _____, **(please circle or list community)**

**Please rank the following cultural activities 1, 2, 3, 4, 5
#1 being your favorite and #5 being your least favorite.**

☐ Handgames	☐ OIN Powwow @ Concho
☐ Sweat Lodge	☐ Colony Powwow @ Colony
☐ Ceremonies	☐ Veterans Powwow @ Canton
☐ Peyote Meetings	☐ Red Moon Powwow @ Hammon
☐ Cheyenne Ceremony	☐ Bearbutte, SD
☐ Arapaho Ceremony	

Have you applied for Grant Assistance in 2009 or 2010? ☐ YES ☐ NO

If you applied, how many times? _____

Was your application(s) approved? ☐ YES ☐ NO

Please indicate what type of grant assistance you received for your participation in the following events

☐ Handgame	☐ OIN Powwow
☐ Sweat Lodge	☐ Colony Powwow
☐ Ceremonies	☐ Veterans Powwow
☐ Peyote Meetings	☐ Red Moon Powwow
☐ Traditional Ceremonies	☐ Bearbutte
☐ Language	☐ Culture Workshop
☐ Travel	☐ Meal
☐ Out of State Travel	

If other, please list: _____

Was your grant participation in the form of a: _____ Check - Food Voucher? **(Please circle)**

How did you learn about program services? Tribal newspaper – Advertisement –Word of Mouth - Tribal Website **(Please circle)**

How can we IMPROVE or EXPAND program services? Comments: _____

Cheyenne and Arapaho Tribes Culture and Heritage Program 2010 Survey (continued)

Culture Preservation and Revitalization

Would you support the Culture and Heritage program in building a Tribal Museum or Culture Center? ☐ YES ☐ NO

If yes, WHERE would you like it to be located? _____

DefineCULTURE: _____

DefineTRADITIONS: _____

How is culture and tradition taught in the home?

☐ photos	☐ elder	☐ storytelling
☐ orally	☐ parent	☐ crafts
☐ art	☐ music	☐ museum visits
☐ activity participation	☐ books	☐ spirituality
☐ school	☐ video	☐ dance
☐ other, please list _____		

(Please check all that apply)

What information would you like to see when you visit the tribal museum or culture center?

☐ history of the tribe	☐ native medicine/herbs used by American Indians
☐ noted leaders of American Indians	☐ language of the Cheyenne and Arapaho
☐ noted leaders of the Cheyenne and Arapaho	☐ music and dance
☐ American Indian tribes?	☐ native regalia
☐ arts and crafts	☐ traditional lodging
☐ important events	☐ customs
☐ photographs	☐ elder interviews-video
☐ exhibitions	☐ collections
☐ visitor information	☐ family research
☐ artifacts	☐ paintings
☐ tribal gaming	☐ tribal government
☐ other, please list _____	

(Please check all that apply)

Community Outreach

What kind of cultural services do you see a need for in your community?

☐ resource center	☐ repatriation
☐ internships	☐ language workshops
☐ native arts program	☐ arts and crafts workshops
☐ native networks	☐ spiritual meetings/gatherings
☐ seminar & symposia	☐ teen workshops
☐ other, please list _____	☐ more funding (mini grants)

(Please check all that apply)

Valentines

Continued from page 1

and I thought that was a lot of money.”

For the first three years Chuck and Margaret would be asked by their family and friends when they were going to have children.

“You know we just enjoyed being with each other



Courtesy photo

Chuck and Margaret Heap-of-Birds visit the Garden of the Gods in Colorado Springs, Colo. in 2008.

those first few years and we really didn’t have any desire to start having kids right away,” Margaret said. “It wasn’t until I started working for a diaper service folding diapers that I became pregnant in 1954 ... I always said it was because of folding diapers that caused it.”

Chuck and Margaret started their family and ended up with six children, Edgar, Guy, Jean, Art, Carl and Charlene. Today, they have seven grandchildren and seven great-grandchildren.

“You know we did everything together with the kids. We bowled, played sports, played bingo and Chuck and the boys did stock car racing ... everything we did we did together,” Margaret said. “We never thought once about splitting up ... it just never crossed our mind. We were best friends and we did everything together as a family.”

Chuck and Margaret raised their children, worked separate shifts so one of them could be with their children at all times and said they never regretted nor wanted it any different.

“I would tell young people, just what I have told my own children ... get to know one another before getting married, find out about each other and build a foundation before getting married,” Margaret said. “Spending time with each other and making your family the most important thing in your life is important ... we love each other and we are still best friends even after all these years.”

Valentine’s Day History

From www.en.wikipedia.org

There are varying opinions as to the origin of Valentine’s Day.

Some experts state that it originated from Saint Valentine, a Roman who was martyred for refusing to give up Christianity. He died on Feb. 14, 269 A.D., the same day that had been devoted to love lotteries.

Legend also says that St. Valentine left a farewell note for the jailer’s daughter, who had become his friend,

and signed it “from your Valentine.”

Other aspects of the story say that St. Valentine served as a priest at the temple during the reign of Emperor Claudius. Claudius then had Valentine jailed for defying him. In 496 A.D. Pope Gelasius set aside Feb. 14 to honour St. Valentine.

Gradually, Feb. 14 became the date for exchanging love messages and St. Valentine became the patron saint of lovers. The date was marked by sending poems and simple gifts such as flowers.

There was often a social gathering or a ball.

In the United States, Miss Esther Howland is given credit for sending the first valentine card.

Commercial valentines were introduced in the 1800s and now the date is very commercialized. The town of Loveland, Colo. does a lot of post office business around Feb. 14. The spirit of good continues as valentines are sent out with sentimental verses and children exchange valentine cards at school.

Living Legends



Kathryn Hoffman

The Cheyenne and Arapaho Tribal Tribune *Living Legends* series showcases Cheyenne and Arapaho tribal elders.

With each story we’re helping current and future generations learn from tribal elders as well as share

in their life experiences and treasured moments. The stories in this series are personal, intimate and irreplaceable.

We hope everyone will enjoy, learn and become inspired by the words and lessons of their elders in our *Living Legends* series.



Mary Belle Lonebear



Ruby Bushyhead

We also hope the elders, no matter where they are located, will continue to share the lessons, laughter and love they have experienced so far.

If you are an elder and are willing to share your history or if you would like to nominate an elder, please contact me at (800) 247-4612 x27608 or email dattocknie@c-a-tribes.org. Respectfully, Dana Attocknie



Samuel Hart



Doty Lumpmouth

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A JOURNEY, WITH MANY VOICES.



The Census only comes around every ten years and it is our tool to let everyone know who we are and what we need. It's ten questions that will help determine the need for schools, housing, roads and hospitals. By participating we speak for the generations of native people before us and for those to come.

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